

## Tabbouleh

Tabbouleh, a Mediterranean salad of sorts, is fully loaded with healthy bulghur, olive oil, fresh parsley, cucumbers, tomatoes, and scallions, making it an excellent source of vitamins, fiber and other nutrients.

### Ingredients:

- 1/2 cup coarse bulghur
- 1 cup flat-leaf parsley
- 1/4 cup mint
- 2 medium tomatoes, chopped
- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium scallions, finely chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon fresh lemon zest, about 1 lemon
- 1 large garlic clove, minced, about 1 tablespoon
- 1 tablespoon mild honey
- 4 ounces Feta cheese, crumbled (optional)
- Salt and fresh cracked pepper to taste



### Directions:

Pour 1 cup boiling water over bulghur with 1/4 teaspoon salt in a bowl. Cover and let stand until tender, about 30 minutes. Drain in a sieve, pressing to remove excess liquid. Toss bulghur with remaining ingredients, salt and pepper to taste. Chill for a couple of hours. Serve with pita bread, crackers or whatever you fancy.

Serves 4 to 6 | Vegetarian

Source: Adapted from Gouremet, July 2008 issue

[www.divaflava.net/2008/07/12/tabbouleh](http://www.divaflava.net/2008/07/12/tabbouleh)

Photo by diva:flava. All rights reserved.